

RECONNECT

Recipes for Healthy Living

DVD box-set companion – printable recipes



This booklet is designed to accompany the Reconnect...Recipes for Healthy Living DVD set. Here you will find printable versions of all the recipes featured on the DVDs, along with additional recipes for things like sauces and curry pastes.



Kamalaya Cuisine...A vital wellness ingredient

Because food is an essential part of our daily life, it is the perfect vehicle to provide the support necessary for enhanced vitality and optimal health. All holistic medical traditions have regarded food as the “first medicine”.

Kamalaya Cuisine reflects our philosophy of healthy living and the celebration of different cultures, featuring fresh and healthy dishes with enough sumptuous twist to satisfy the most discerning gourmet palates. It all begins with ingredients – fresh, healthy and nutrient-rich, because you can’t take energy from food which has none to give. Fresh herbs and spices are used generously to add flavour and enhance the medicinal value, and foods are served close to their natural state, with healthy cooking methods and no microwaves, processed foods or additives.



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Avocado Cantaloupe Salad with Radicchio and Lemongrass Vinaigrette

Serves 2

This tangy detox-friendly salad provides antioxidants and healthy oils and is good for the digestion.

Ingredients

Avocado	1/2 an avocado
Cantaloupe	100 g
Radicchio (red parts only)	60 g
Lemongrass, chopped very fine	1/2 tsp
Lime juice	1/2 tsp
Olive oil	2 tsp
Rice vinegar	1/2 tsp
Pepper black	Pinch
Sea Salt	Pinch

Method

1. To make the dressing: place the lime juice, rice vinegar and most of the chopped lemongrass (reserve just a small amount to add to salad) into a blender. Blend for about 10 seconds, and then slowly add the olive oil until dressing thickens.
2. Cut the radicchio, cantaloupe and avocado into fine stripes and put them in a mixing bowl. Add the reserved chopped lemongrass.
3. Add the dressing to the salad and mix well. Season to taste with sea salt and pepper.
4. To serve, place the salad in the middle of the plate, squeezing out some of the excess dressing. Drizzle the excess dressing around the salad.

Banana Flower Salad

Makes 1 portion

Ingredients

Banana Flower	30 g
Beetroot	10 g
Green mango	40 g
Wakame	20 g
Coriander leaves	1 g
Mint leaves	1 g
Shallot (sliced)	8 g
Lime juice	10 ml
Sesame seeds	1 g
Chilli powder	0.5 g
Lemon	5 g

Method

1. Remove the hard outside layer of the banana flower and cut the inside into fine strips.
2. Cut the cooked beetroot and mango into strips.
3. Slice the shallot and lemongrass very thinly.
4. Thoroughly mix all the ingredients together for at least 40 seconds.

Beetroot Tartare with Papaya, Lime and Wasabi Dressings

Serves 4

This vibrantly coloured dish has some powerful health benefits. It is rich in nutrients that help protect against heart disease, birth defects, some stress-related disorders and certain cancers, in particular colon and stomach cancer. It also helps to reduce blood pressure and makes a great liver tonic!

Ingredients

Beetroot, whole	500 g
Shallot ,chopped	10 g
Thyme, chopped	15 g
Dijon mustard	4 tsp
Lime juice	4 tsp
Sea salt (for beetroot bed	250 g
Sea salt	Pinch
Black pepper	To taste
Fresh basil	25 g
Cucumber, sliced very finely	40 g
*Papaya Dressing	4 Tblspn
*Lime & Wasabi Dressing	4 Tblspn

* You can find the recipes for Papaya Dressing and Lime & Wasabi Dressing in the “Extras” section

Method

1. Preheat oven to 180 °C. Sprinkle sea salt onto a baking tray, place beetroot on top and cook in oven for 45 minutes. Allow to cool, then peel and cut into very fine cubes.
2. Place the cubed beetroot in a bowl and add shallot, thyme, Dijon mustard, lime juice, salt and pepper. Mix well. Add one tablespoon of each dressing, and mix.
3. To serve, place cucumber slices in a circle on your plates. Place the Tartare in the middle of the cucumber slices (use a circular mold), garnish with the basil leaves and drizzle the remainder of both dressings around the cucumber.

Detox Waldorf Salad

Serves 2 (appetiser)

Add variety to your detox diet with this healthy Detox Waldorf Salad; it provides lots of flavour and nutrition without overloading your digestive system. Instead of mayonnaise we use a creamy coconut reduction, and flaxseeds and sunflower seeds replace the usual walnuts. A great fibre-rich dish, whether you're detoxing or just looking for healthier food options.

Ingredients

Celery (French), finely sliced	30 g
Apple, red, cut into fine strips	30 g
Apple, green, cut into fine strips	30 g
Pineapple, cut into fine strips	25 g
Sunflower seeds	10 g
Flax seeds	3 tsp
Lime juice	1/2 lime
Sea Salt	Pinch
Pepper black	To taste
Carrot julienne	1/5 medium size
Leek julienne	1/5 medium size
Fresh coconut (whole)*	1 medium size

Method

1. Begin by making the coconut mayonnaise. Open the coconut and pour the water into a blender. Scrape out all of the coconut meat and add to the blender. Blend until it looks like milk. Pour the mixture into a saucepan and bring to the boil. Turn back the heat and simmer until it has reduced to a creamy consistency (about 30 minutes). Season to taste with salt, pepper and lime juice, and put in the fridge to cool.
2. Place the celery, red and green apple, pineapple and sunflower seeds into a mixing bowl. Add 30 ml of coconut mayonnaise, the flax seeds, and then season with salt, pepper and lime juice. Mix well.
3. Serve the salad onto your plates, drizzling any remaining dressing around the plate. Garnish with carrot and leek julienne.
4. Place the chickpeas in to the food processor and add all remaining ingredients except salt. 5. Blend until smooth and creamy (about 1 minute) on a medium level and adjust the flavour with the sea salt. Note – if you're serving this as a dip, you can garnish with a sprinkle of sesame seeds.

Gotu Kola Salad

Serves 2

In Ayurveda and traditional Chinese medicine, gotu kola is – among other things – considered an anti-ageing herb. In fact, the saying goes “Two leaves a day keeps old age away”. Its anti-inflammatory properties are highly regarded, and it is beneficial in treating arthritis. Gotu kola is therapeutic for the brain and the central nervous system, helping to improve concentration and calm the nerves. In studies, it has shown to increase blood circulation, balance blood pressure, boost memory and ease anxiety. It is rich in vitamins B1, B2, B3 and B6, which accounts for its positive effects on the nervous system. Use the fresh leaves to make tea, or in this robustly flavoured healing salad.

Ingredients

Gotu kola leaf	20 g	Lime juice	15 ml
Green mango	60 g	Lemon grass, chopped very finely	1/2 tsp
Coconut flesh, cut into fine strips	25g	Sesame seed, black and white	1/4 tsp
Beetroot, cut into fine strips	40 g	Shallot, sliced very finely	20 g
Turnip, julienne	10 gm	Chilli powder	1/4 tsp
Tamarind juice	15 ml	Wakame (optional)	40 g

Method

1. Peel the green mango, then use a serrated vegetable peeler to make fine strips (or you could use a mandolin).
2. Place the mango strips into a mixing bowl and add the coconut flesh, turnip, shallot and beetroot. (If using wakame, add now.)
3. Rub the gotu kola leaves between your hands to release the flavours and nutrients, and then add to the other ingredients.
4. Add the chilli, sesame seeds, tamarind juice and lime juice. Mix well, and then serve.

Grilled Vegetable Salad

Serves 2

This detox-friendly dish can be served as a light, healthy appetiser or antipasto style when you're entertaining friends. Lightly grilled vegetables and a fragrant grape and fresh herb sauce makes a heart-healthy combination and provides a great antioxidant boost.

Ingredients

Zucchini, sliced lengthways	6 slices
Pumpkin, sliced lengthways (skin on)	6 slices
Cauliflower rosettes	6 pieces
Broccoli rosettes	6 pieces
Asparagus spears	6 pieces
*Detox Sauce de Provence	80 ml
Black pepper	To taste
Sea salt	Pinch

Balsamic vinaigrette

Balsamic vinegar	10 ml
Olive oil	25 ml
Sea salt	Pinch
Black pepper	To taste

* The recipe for Detox Sauce de Provence is available in the Extras section.

Method

1. Prepare the Balsamic vinaigrette by mixing the vinegar, oil, salt and pepper together, either in a blender or a shaker. Set aside until later.
2. (Note – the easiest way to slice the pumpkin and zucchini is with the help of a mandolin. Refer to the video ([hyperlink to video](#)) on our website to see how this recipe is prepared.)
3. Blanch the cauliflower and broccoli for 5 seconds, then plunge into cold water.
4. Dry grill all the vegetables on each side until golden brown (approximately 2 mins on first side, and 1 minute on other side).
5. Once the vegetables are cooked, season with the balsamic vinaigrette, sea salt and pepper black, and use your fingers to coat them well.
6. To prepare the vegetable bouquets, take a slice of pumpkin, top with a slice of zucchini and then place the asparagus spear in the middle (with the tip pointing up). Now place a broccoli and cauliflower rose on top and wrap the pumpkin/zucchini around. Turn over to hold. Repeat for other 5 bouquets.

* The recipe for Detox Sauce de Provence is available in the Recipes section ([hyperlink to the recipe page](#)) of our website.

Water Chestnut Maki Rolls with Spirulina Mango Dip

Serves 2

To make these maki rolls suitable for a detox diet, we replaced the sushi rice with pureed water chestnuts, which are known for their detoxifying properties and fibre content. Instead of wasabi and soy sauce, we turned the nutritional volume up by serving with a spirulina dipping sauce. Spirulina has a long list of health benefits, including: a great source of protein, essential fatty acids, vitamin A, vitamin B-12, iron, calcium, just to name a few; helps to detoxify the body; boosts the immune system; great anti-inflammatory properties; alkalising; helps to reduce blood pressure and cholesterol. We highly recommend that you try to include spirulina in your diet regularly, but do your research to ensure that you get the highest quality, cleanest product available.

Ingredients

Water chestnut	240 g
Vegetable stock (or water)	300 ml
Carrot, lightly blanched	40 g
Asparagus, lightly blanched	14 g
Avocado	40 g
Wakame	40 g
Garden cress	20 g
Nori seaweed	2 sheets
Rice vinegar	1-2 tsp

Spirulina Mango Dip Ingredients:

Mango, peeled and chopped roughly	1
Lime juice	1-2 tsp
Spirulina powder	2 tsp
Wasabi powder or paste	1 tsp

Special equipment:

Bamboo sushi mat

Method

1. Blanch chestnuts in vegetable stock (or water) for 10 minutes. Strain, and then grind chestnuts until smooth. Add 1 tablespoon of rice vinegar and mix well. Add a little more rice vinegar if necessary – the mix should be thick and sticking together, like sushi rice.

2. Place a sheet of nori seaweed on a bamboo sushi rolling mat. Dip your fingers in some water, and then begin to cover the bottom 2/3 of the nori sheet with a thin layer of the water chestnut mix (keeping your hands wet stops the mixture from sticking to your fingers).

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Water Chestnut Maki Rolls with Spirulina Mango Dip

Method

3. For the filling, place a row of carrot, asparagus, avocado, wakame and garden cress on top of the chestnut mix, at the bottom edge. Now use the bamboo mat to carefully roll it up, squeezing very lightly after each turn. When you get near the end, use wet fingers to moisten the top edge of the nori sheet, and then finish the roll. Set the maki roll aside while you prepare the dip.
4. Use a blender to mix the chopped mango and lime juice (start with 1 tablespoon of lime juice, and add more later if necessary). Add the spirulina powder and the wasabi powder (or paste) and blend well. Taste, and add more lime juice if required.
5. To prepare the maki roll for serving, carefully cut off the untidy ends and discard. Now, carefully slice into 5 equal pieces.
6. Serve on a plate garnished with salad leaves and cress, and a side dish of Mango Spirulina dip.

Wing Bean Black Cod Salad

Serves 2

The traditional Thai version of this delicious salad usually includes pork or prawns and eggs, but at Kamalaya we serve it up with tender flakes of black cod. Wing beans are high in protein and calcium, and a great source of vitamins A and C, iron and enzymes. If you can't find wing beans at your Asian grocer, then you could substitute another variety such as snap peas or green beans.

Ingredients

Wing beans, sliced finely	60 g
Black cod	100 g
Lemongrass, sliced finely	8 g
Shallot, sliced and oven roasted	15 g
Mint leaves	5 g
Coriander leaves	5 g
Kaffir lime leaves, sliced finely	2 leaves
Fish sauce	15 ml
Palm sugar	8 g
Red chilli (large), deseeded and sliced finely	3 g
Spring onion, chopped finely	10 g
Tom yum paste	20 g
Lime juice	5 ml

Method

1. Steam the black cod until cooked through. Allow to cool and then break into flakes.
2. Next blanch the wing beans for 30 seconds in boiling water before cooling in ice water.
3. Place all ingredients into a bowl (reserve a small amount of coriander, mint and shallot for garnish) and mix well, taking care not to break up the fish.
4. Serve on plates and garnish with mint, coriander and oven roasted shallots.

Carrot Shitake Soup

Serves 2

We all know that carrots are good for our eyesight, but that's just one of many benefits. The beta-carotene that helps our eyesight is an anti-oxidant that is useful in the prevention of conditions such as cancer and heart disease. Shitake mushrooms are a great immune system tonic.

Ingredients

Carrot, chopped finely	300 g
Shitake mushrooms, sliced	80 g
Pumpkin seed milk *	150 ml
Vegetable stock	500 ml
Shallot, chopped finely	2 medium size
Coconut oil virgin	5 ml
Oregano (fresh)	Garnish
Leek, chopped finely	30 g
Celery, chopped finely	30 g
Salt	Pinch
Pepper	To taste

* Look in the Extras section to find out how to make Pumpkin Seed Milk.

Method

1. Heat up the saucepan to a medium heat with a small amount of vegetable stock and sauté the carrot for 10 seconds. Add the remainder of the stock and bring to a simmer. Next, add the leek, celery, shitake mushrooms and shallot. Add the pumpkin seed milk and simmer for 10 minutes.
2. Remove the soup from the heat, cool slightly and then blend for about 20 seconds (or until smooth and creamy), then pour back into saucepan to reheat. Season with salt and pepper.
3. Serve the soup into bowls, drizzle the coconut oil on top and garnish with fresh oregano leaves.



Detox Broth

Serves 2

If you're embarking on a home detox program, having a daily bowl – or even three – of this deeply flavoured and nutritious broth will help to alkalise your body. It is very gentle on the digestive system and full of vitamins and minerals. Also a great option when you're sick or to keep the hunger pangs at bay if you're trying to lose weight.

Ingredients

Vegetable stock*	175 ml
Bok choy,	1/4 cup
Kale,	1/4 cup
Zucchini	1/2 medium size
Asparagus	1/4 cup
Carrot	1/6 cup
Wakame	2 tbsp
Sea salt	1/2 g

* You can make your own vegetable stock using the recipe in the Extras section.

Method

Place all the ingredients in a saucepan.

Bring to the boil, then reduce heat and simmer for 3 - 4 minutes.

Season with sea salt.

Strain the liquid and serve.

Green Vegetable Soup

Serves 2

This vegetable soup is a potent blend of vegetables, herbs and spices, loaded with essential nutrients for restoring health and vitality. Rich in chlorophyll, it is an effective blood cleanser and antioxidant source. This is a very nourishing dish to support your detox or weight loss program. To maximise the nutritional value, cut your vegetables finely to reduce cooking time.

Ingredients

Asparagus	60 g
Carrot	60 g
Broccoli	80 g
Spinach	100 g
Garlic, finely chopped	3 cloves
Shallot, finely chopped	2 tbsp
Bay leaf	1
Zucchini	100 g
Leek	60 g
Celery French	25 g
Vegetable stock	500 ml
Sea salt	Pinch
Ground black pepper	To taste
Coconut oil	7 ml
Herb garnish *	2 tbsp

* The Herb Garnish in our video was a mix of fresh parsley, tarragon, kaffir lime leaf, galangal, mint, coriander, ginger and lemongrass. You can make your own mix to suit your personal taste and what's available. You need about 2 tablespoons when chopped.

Method

1. Place the vegetable stock, garlic and shallots in a saucepan and bring to a gentle simmer.
2. Prepare all the vegetables by chopping finely. The aim is minimise cooking time to preserve the nutrients.

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Green Vegetable Soup

3. Once the stock is simmering, add all the chopped vegetables and the bay leaves. Simmer for 5-6 minutes (until vegetables are soft, but green colour is still preserved).
4. Remove from heat and allow to cool slightly before blending for approximately 40 seconds on medium speed.
5. Return the blended soup to the saucepan, reheat and season with salt and pepper to taste. Serve the soup into bowls and sprinkle each with 1 tbsp of the herb garnish mix and a small drizzle of coconut oil.

Pumpkin Soup

Serves 2

When doing a detox program, it's important not to cook with oils for more than one minute, however a small drizzle of organic extra virgin coconut oil at the end of cooking – as with this pumpkin soup – can actually support the detox process. As well as lots of flavour, this hearty soup delivers carotenoids to help fight free radicals and prevent premature ageing, cardiovascular disease and certain cancers, Vitamin A for healthy eyes and immune function, potassium to help reduce the risk of hypertension, and zinc for healthy bones and immune system.

Ingredients

Vegetable stock	1.2 lit	Shallot, chopped	30 g
Pumpkin, finely sliced	400 g	Garlic, chopped	25 g
Carrot, finely sliced	100 g	Leek, finely sliced	20 g
Bay leaf	2 leaves	Celery French, finely sliced	30 g
Pepper black	To taste	Sea salt	Pinch
Coconut oil	4 ml	Cayenne pepper	Pinch

Chef's Tip: To maintain flavours and nutritional benefits, slice your vegetables finely so they require less cooking time.

Method

1. Place the sliced pumpkin, carrot, shallot, garlic, leek, celery, bay leaf and vegetable stock in to a saucepan and bring to the boil. Reduce heat and simmer for 5 minutes (or until tender).
2. Remove the bay leaf, allow the soup to cool slightly and then blend well.
3. Reheat the blended soup, and season with salt, black pepper and cayenne pepper.
4. Serve the soup with a drizzle of coconut oil on top.

Thai Cabbage Rolls with Tahini Dip

Serves 2

Cabbage is antioxidant rich, especially in vitamins A, C, E and K; also rich with B vitamins and calcium, potassium, iron, iodide and sulphur. The nutty flavour of tahini and sesame seeds provide a rich source of unsaturated fats and blood enriching nutrients, iron and folic acid. The cabbage leaves encase a medley of tasty fresh vegetables, mushrooms, sesame seeds and herbs, together creating a wonderful blood building tonic.

Ingredients

Cabbage leaves (large)	8 leaves
Cabbage, finely shredded	350 g
Glass noodles	80 g
Carrot, finely shredded	150 g
Shitake mushroom, finely sliced	30 g
Chinese celery, finely sliced	15 g
Spring onion, finely sliced	15 g
Vegetable stock	60 ml
Pepper, black	To taste
Chives string, blanched	8 pieces
Sea salt	Pinch
Sesame oil	3 ml
Sesame seeds white/black	1 g
Garlic	2 cloves

Tahini Dip:

Tahini	30 ml
Sesame oil	15 ml
Lime juice	20 ml

Method

1. Begin by preparing the tahini dip. Use a blender to mix the tahini and lime juice, then slowly pour in the sesame oil as you continue to blend.

2. Blanch the cabbage leaves, a couple at a time, for a few seconds in boiling salted water and cool down immediately in ice water. Remove from ice water and dry thoroughly with a paper towel. Cut out the hard stem and discard.

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Thai Cabbage Rolls with Tahini Dip

Method

3. Take a pan and heat the vegetable stock, then add the garlic, glass noodles, shredded cabbage, carrot and shitake mushroom. Cook until the liquid has been completely reduced, stirring frequently. Add the celery and spring onions, stir through and then remove from heat.

4. Add the sesame oil, sesame seeds and season with sea salt, pepper

5. To make the wraps, take two blanched cabbage leaves and layer them on a cutting board. Place a quarter of the filling in the centre and then fold up carefully. The easiest way to tie them is to take a small bowl and place the blanched chives in the bowl in a cross shape. Place the folded wrap on top, and then tie the chives to secure.

6. Place the wraps in a steamer and cook until heated through (3-5 minutes). Serve with the tahini dipping sauce.



Buckwheat Soba Noodles

Serves 2 (Main)

A light and nutritious dish to serve anytime, and suitable for when you're detoxing. Shitake mushrooms are great for the immune system and the Lemon and Radish mix adds a kick to this dish, and helps the digestive process.

Ingredients

Buckwheat soba noodle	80 g
Wakame	60 g
Kale, thickly shredded	30 g
Bok choy, leaves separated	50 g
Vegetable stock	750 ml
Spring onion, finely sliced	5 g
Daikon radish, chopped very finely	20 g

Method

1. Mix the finely chopped daikon radish, lemon skin and lemon juice and place in a small dish to be served on the side later (the enzymes in daikon radish begin to breakdown after about 30 minutes, so for the highest nutritional benefit make this as close to serving time as possible).
2. Heat the vegetable stock to a simmering point and then add the wakame and shitake mushrooms. Simmer for about 1 minute.
3. Next, add the soba noodles and celery to the stock and stir well to separate the noodles. Simmer for 2 minutes, then add the bok choy and kale and cook for a 30 seconds. Finally, add the enoki mushrooms and cook another 30 seconds.
4. Check the seasoning and add salt and pepper if necessary (the wakame has a salty taste, so you may not need to add more salt.)
5. Serve in a big bowl and sprinkle with the fresh finely sliced spring onion. Serve the daikon radish and lemon zest on the side.

Sweet Potato Roesti with Mushroom Ragout

Serves 2

A delicious and nutritious blend of vegetables and herbs rich in antioxidants yet easy to digest and nourishing to heart, body, and soul.

Ingredients

Sweet potato	240 g
Celery, very finely sliced	60 g
Garlic, finely chopped	10 g
Shallot, finely chopped	10 g
Nutmeg	Dash
Shitake mushroom, sliced	40 g
Coconut oil	15 ml
Pepper black	Dash
Thyme, chopped	1 knife tip
Balsamic vinegar	10 ml
Vegetable stock	80 ml
Rice flour	1 tsp
Sea salt	Dash
Garlic, chopped finely	2 g
Shallot, chopped finely	3 g
Rocket leaves	50 g
String beans (blanched)	40 g
Balsamic vinaigrette (see below)	20 g

Method

1. Cut the sweet potato into very fine strips (a mandolin will give best results).
2. Heat 10ml the coconut oil in frying pan on low heat. Add the sweet potato, garlic, shallot and celery and sauté for 1 minute. Season with nutmeg, pepper and sea salt.
3. Remove mixture from frying pan, divide into 6 equal parts. Drop each sweet potato portion back into the frying pan, flatten until it is about 1-2 cm thick, and sauté on both sides until a nice golden brown colour. (You will have to cook in batches.)

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Sweet Potato Roesti with Mushroom Ragout

Method

4. Now make the mushroom ragout. Heat the remaining coconut oil in a saucepan and sauté garlic, shallot and shitake for about 30 seconds. Add the balsamic vinegar and cook until reduced. Stir in the vegetable stock, and simmer for 1 minute. Season with a dash black pepper. Take a small bowl or glass, and mix the rice flour with a small amount of water (about 1 tsp – enough to make a cloudy liquid). Add this to the mushroom mix, stirring continuously until it thickens. Add the thyme and stir through. Remove from heat.

5. Blanch the beans in boiling water for 1 minute, then plunge into ice water. Remove from water.

6. Make the Balsamic Vinaigrette by whisking (or shaking) all ingredients together. Season the rocket leaves and blanched beans with a dash of sea salt, pepper and the balsamic vinaigrette.

7. Now to serve. Take your serving plates, and build up a stack – first the roesti, then the beans and rocket, until each plate has a stack of three roesti. Spoon the mushroom ragout around the roesti stack.



Raw Phad Thai

Serves 2

To make this popular Thai dish suitable for detox and raw food diets, we use strips of young coconut meat in place of the usual noodles. You will need meat from a young coconut; if you can't find them in your local supermarket, then try Asian grocers or health food stores. Substituting coconut meat for noodles does more than make this dish detox-friendly – it also provides great nutritional benefits. Coconut meat is an excellent source of dietary fibre and is high in manganese, a mineral that supports the immune and nervous systems and helps to metabolise fat and protein. Coconut is high in lauric acid, which helps ward off bacteria and infections and the natural iodine content can also support thyroid function.

Ingredients

Young coconut meat	60 g
Cabbage (white), shredded	30 g
Carrot, shredded	40 g
Red radish, cut into fine strips	40 g
Chives, chopped	6 g
Shallot, chopped	1 pc
*Sweet turnip (dried), chopped	4 g
Pumpkin seeds	15 g
Sunflower seeds	15 g
Bean sprouts	40 g
Sea Salt	Pinch
Pepper black	To taste
Red oak	20 g
Green oak	20 g
Lime	1

*Sweet turnip is optional

**You can find the recipe for Detox Chilli Paste in the Extras section

Raw Phad Thai Sauce Ingredients:

Sweet potato, cooked	250 g
Tamarind juice	70 ml
**Detox Chilli Paste	5 ml – 10 ml
Pineapple juice	150 ml
Sea salt	Pinch
Black pepper	To taste
Cayenne pepper	Pinch

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Raw Phad Thai

Method

1. Begin by preparing the sauce. Peel the cooked sweet potato and grate finely into a bowl. Add 5 ml of the Detox Chilli Paste and whisk well. Taste, and adjust with more chilli paste if desired. Add tamarind juice, salt, pepper and cayenne pepper. Continue whisking, add the pineapple juice slowly until you reach a sauce consistency. (Any left over sauce can be frozen for later use.)
2. To make the Raw Phad Thai, begin by cutting the coconut meat into short noodle-like strips. Place the strips in a mixing bowl and add the cabbage, carrot, radish, chives, shallot, sweet turnip, half the pumpkin seeds, half the sunflower seeds, and half the bean sprouts.
3. Add 4 tablespoons of the sauce and mix well with your hands. Check the consistency, and add a little more sauce if necessary. Check the flavouring and adjust with salt and pepper if desired.
4. Serve onto plates, garnishing each plate with the salad leaves, 1/2 a lime and the remaining pumpkin seeds and sunflower seeds. Any left over sauce in the bowl can be drizzled on top.

Sweet Potato Mash with Chinese Broccoli and Ginger Dressing

Serves 2

Another delicious detox dish, with a good dose of antioxidants plus anti-inflammatory benefits from the ginger dressing. Particularly rich in Vitamin A, this dish will nourish the eyes and skin.

Ingredients

Chinese broccoli, trimmed	50 g	Detox ginger dressing *	50 ml
Sweet potato, peeled and cubed	200 g	Sea salt	Pinch
Nutmeg	Pinch	Pepper black	To taste
Coconut water	200 ml	Olive oil	3 ml
Vegetable stock	100 ml	Fresh thyme	3 sprigs

* You can find the recipe for Ginger Dressing in the Extras section.

Method

1. Place the coconut water and vegetable stock in a saucepan and bring to the boil. Add the sweet potato and simmer until cooked through.
2. While the sweet potato is cooking, blanch the Chinese broccoli for 20 seconds and then place immediately into ice water to cool. Remove from ice water and set aside.
3. Strain the sweet potato (reserve the cooking liquid), and then place on a tray in an open oven for a few minutes to steam out any remaining water.
4. Mash the sweet potato, seasoning with salt, nutmeg and olive oil. Add a little of the reserved cooking liquid to get a creamy consistency. Crush 1 sprig of thyme leaves with your hands and add to mashed sweet potato.
5. Heat the dressing in a saucepan on a low heat, adding the Chinese broccoli until it is warmed through (approximately 1 minute).
6. Pipe the sweet potato mash in the middle of your plates, place the broccoli around the mash and drizzle the dressing on the broccoli . Garnish with fresh thyme.



Vegetable Curry with Thai Herbs

Serves 2

Full of enzyme rich vegetables that aid the cleansing process, this healthy curry makes an ideal detox dish. The vegetables have minimal cooking times, so they are still bursting with colour, flavour and nutrients. The pungent aromatic flavours will stimulate the circulation and help to clear the lungs of mucus. If you're not on a detox program and want to try a richer version of this dish, you can switch the quantities of coconut milk and pumpkin seed milk for a creamier result.

Ingredients

Fresh coconut milk	300 ml	Shitake mushrooms, whole	20 g
Pumpkin seed milk	450 ml	Kaffir lime leaf, crushed	3 leaves
Vegetable stock	100 ml	Galangal, finely sliced	4 slices
Thai herb paste *	25 g	Lemongrass, finely sliced	1/2 stick
Carrot, thinly sliced	30 g	Coriander leaf	For garnish
Snow peas	20 g	Lime juice	5 ml
Asparagus, cut in 3cm lengths	30 g	Sea salt	Pinch
Broccoli, cut into bite-size flowers	35 g	Pepper	To taste
Cauliflower, cut into bite-size flowers	40 g		

* You can find the recipe for Thai Herb Paste in the Extras section. You could also use a ready-made paste, however if you are detoxing you will need to check the label carefully for things like sugar, MSG and excessive salt.

Method

1. First blanch the vegetables by adding to a pot of boiling water for approximately 15 seconds, then strain and immediately place in a bowl of ice water. (To keep the water at boiling point, it is best to blanch the vegetables in small batches.)

2. Place the coconut milk, pumpkin seed milk and vegetable stock in a saucepan and begin to heat. Add the Thai herb paste, galangal, lemongrass and kaffir lime leaves and bring to a gentle simmer. Simmer until it has reduced to your desired creamy consistency. Add lime juice and season to taste with salt and pepper.

Add the shitake mushrooms, cook for one minute. Then, add remaining vegetables and cook for a further 30 seconds.

Place in serving bowls and garnish with fresh coriander leaves.

Whole Wheat Pasta with Hummus, Rocket and Cherry Tomato

Serves 2

Hummus, olives, curry paste ,pesto, nori seaweed... an unusual blend of international flavours come together beautifully in this healthy pasta dish. For maximum taste and health benefits, go to the recipe section of our website and learn how to make your own almond milk, hummus, curry paste and basil pesto. For a vegan version, omit the Hondashi.

Ingredients

Whole-wheat spaghetti or penne	160 g (dry)
Hummus *	100 ml
Almond milk *	120 ml
Hondashi **	2 g
Sea salt	Pinch
Pepper, black	To taste
Cherry tomatoes, quartered	50 g
Rocket leaves	20 g
Cashews	30 g
Olives (Kalamata), chopped finely	20 g
Nori Seaweed, cut into fine strips	1/2 sheet
Massaman curry paste *	15 g
Basil pesto *	30g
Basil leaf	2 sprigs

* You can make your own humus, almond milk, curry paste and pesto using the recipes in the Extras section. You could also use store-bought versions, but try to buy the healthiest available.

** Hondashi is a Japanese ingredient, which is basically a stock made from kelp and tuna flakes. Look for a MSG-free brand. If you can't find it, simply omit from the recipe.

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Whole Wheat Pasta with Hummus, Rocket and Cherry Tomato

Method

1. Cook the pasta al' dente.
2. Next, heat a frying pan and add the almond milk and hummus, stirring until it reaches a creamy consistency.
3. Add the cashews, massaman curry paste, chopped olives, cherry tomatoes and pesto, and stir through.
4. Add the hondashi, check the flavour and season with salt and pepper if necessary.
5. Add the pasta to the sauce and stir through, adjusting with some additional almond milk if required. Do not cook for too long, as you will over-cook the pasta.
6. Remove from heat, and stir through the rocket leaves.
7. Serve into pasta bowls and garnish with chopped nori seaweed and fresh basil.

Zucchini Spaghetti With Curry Pumpkin Sauce

Serves 2

A nutrient dense pasta-free spaghetti (the zucchini is the ‘spaghetti’) with a pumpkin based sauce. This dish is full of vitamins, minerals and anti-oxidants to keep you healthy. Rich in fibre, vitamins A, C, the B group vitamins and carotenoids; and minerals: iron, magnesium, manganese, copper, zinc, phosphorus and potassium. These nutrients are immune boosting and anti-inflammatory and will help to protect you from colon cancer, heart disease, high cholesterol and high blood pressure. It’s also great for controlling blood sugar levels and promoting healthy digestion.

Ingredients

Zucchini	150 g	Garlic, finely chopped	1 clove
Pumpkin, peeled	200 g	Shallot, finely chopped	1 piece
*Young coconut water	300 ml	Mint (fresh), chopped	5 g
Curry powder	1 g	Lime juice	5 m
**Paneng curry paste	5 g	Sea salt	Pinch
Raisins	8 g	Pepper black	To taste
Small cauliflower rosettes, blanched	50 g		

*You can use vegetable stock if coconut water is not available. You could also use a combination of the two.

**To make your own detox-style Paneng Curry Paste, look for the recipe in the Extras section

Method

1. Use a mandolin to cut the zucchini into strips for the ‘spaghetti’ (not too fine). Cut the pumpkin into thin slices.
2. Sauté the pumpkin in a little coconut water for about 30 seconds, then add the curry powder and paneng curry paste along with the rest of the coconut water (or stock) and simmer until the pumpkin is cooked through (about 5 minutes).
3. Remove from heat, allow to cool slightly and then blend for 40 seconds on a medium speed. Season with salt, pepper and the lime juice.
4. To prepare the zucchini, heat a little water or vegetable stock in a frying pan and sauté the garlic and shallot until it is simmering, then add the zucchini strips (add a little more water or stock if necessary). When the zucchini is cooked al dente, add the pumpkin sauce and the blanched cauliflower, stir through. Finally, add the raisins and mint, stir through and remove from heat.
5. Serve garnished with a little extra mint.

Steam Stirred Bok Choy

Serves 2

An easy and nutritious side dish that will aid digestion. Steam stirring – which uses vegetable stock or water in place of oil for cooking – is a great substitute for stir frying. For optimal health, it is best to minimise cooking with oils and to avoid it completely when detoxing (although it is fine to use a small amount of healthy oils after the cooking process). Bok choy is rich in carotenoids, which have been linked to cancer prevention. It also contains powerful antioxidants and is high in vitamin A, vitamin C, calcium and fibre.

Ingredients

Bok choy	140 g
Ginger julienne	2 g
Garlic chopped	2 g
Vegetable stock	60 ml
Pepper black	To taste
Olive oil extra virgin	6 ml
Sea salt	Pinch

Method

1. Cut the bok choy in 4-5 cm long pieces.
2. Heat the vegetable stock in a frying pan, then add garlic and ginger and sauté for about 30 seconds. Next, add the bok choy and sauté on high heat for about 1 minute (the stock should be reduced and the bok choy should still have some crunch).
3. Place the bok choy in a bowl, holding back any remaining stock. Season with salt, pepper and the olive oil, then serve.

Almond Milk

Makes 1 litre

A great lactose-free alternative to dairy milk that provides a host of nutritional benefits. Almond milk is rich in phytosterols and can reduce cholesterol, enhance immunity and decrease the risk of certain cancers. Quick and easy to prepare, you can use this recipe as a milk substitute in cooking, with your cereals or as a delicious, healing drink. If you intend using this in a savoury dish, you can reduce or omit the raisins. Can be stored in the refrigerator for up to 2 days.

Ingredients

Almonds, flaked	350 g
Distilled water, warm	1 litre
Raisins	100 g

Method

Place the almonds, raisins and warm water in a blender, and blend on medium for about 1 minute. Strain mixture through a fine sieve and discard pulp.

Note: If time allows, it is best to soak the almonds in water overnight before blending (strain and discard soaking water.)



Basil Pesto

Makes approx 80 grams

This Pesto uses sunflower and pumpkin seeds in place of pinenuts, and does away with the usual lashings of Parmesan cheese, for a much healthier and equally tasty change. Make extra, as per the recipe, and store in the refrigerator for up to 5 days or freeze for up to 2 weeks.

Ingredients

Garlic	4 cloves
Sweet basil	30 g
Olive oil	1/2 tbs
Sea salt	Pinch
Pepper black	To taste
Pumpkin seed	10 g
Sunflower seed	5 g

Method

The quickest and easiest method is to simply place all ingredients in a small food processor and process until it is a fine puree. (Tip – use a chilled jug and keep processing time to a minimum, as heat will turn the pesto dark.)

The fun, stress-releasing way is to use a mortar and pestle and bash away! Start with the garlic and salt, then add other ingredients. (You can add a little vegetable stock if it is difficult to mix.)



Detox Chilli Paste

You can make up a batch of this, then freeze for later. Use an ice tray so you can easily take out small portions as you need them.

Ingredients

Chilli 20 small red

Vegetable Stock

Water

Method

De-seed approximately 20 small red chillis and soak in water for 2 to 3 hours. Strain the chillies and squeeze out the remaining water. Roughly chop the soaked chillis then place them in a blender. Add enough vegetable stock or water to cover the chillis, then blend well.

Detox Sauce de Provence

Serves 2

A heart-healthy, antioxidant rich detox sauce that makes a fragrant accompaniment for grilled or steamed vegetables (check out our Grilled Vegetable Salad recipe).

Ingredients

Tarragon	2 g	Pumpkin seeds	40 g
Parsley	1 g	Shallot	2 g
Chives	5 g	Garlic	1 g
Basil	4 g	Grape meat, seeded and peeled	60 g
Thyme	1 g	Grape juice	10 ml
Rosemary	1 g	Grape seed oil	20 ml
Coriander	3 g	Apple cider vinegar	20 ml
Mint	3 g	Pepper black	To taste
Oregano	1 g	Sea salt	Pinch
Sage	3 g		

Method

Chop all ingredients very finely and mix together.

Ginger Dressing

Makes 100 ml

You can use this dressing at room temperature, or warm it up to serve with vegetables.

Ingredients

Ginger, chopped finely	5 g
Vegetable stock	20 ml
Lemon juice	30 ml
Olive oil	15 ml
Sea salt	Pinch
Pepper black	To taste
Pineapple juice	40 ml
Garlic, chopped finely	5 g

Method

Place all ingredients, except the olive oil, into a blender. Blend for a few seconds and then slowly pour in the olive oil until the dressing is thick and smooth.

Hummus

Makes approx 250 g

This popular Middle Eastern spread is rich in fibre, protein, iron and folic acid. It helps to stabilise blood sugar levels, making it a great dietary addition for diabetics. It is a staple of the Middle Eastern diet, where it is enjoyed at breakfast, lunch and dinner. Serve with vegetable crudités or flatbreads, use it on sandwiches or even add it to pasta dishes for a healthy cream sauce.

Ingredients

Chickpeas, dried (soaked overnight)	250 g (dry)
Olive oil	5 tbsp
Garlic	5 Cloves
Tahini paste	50 g
Lime juice	40 ml
Sea salt	To taste

Method

Rinse the soaked chickpeas well, then put in a saucepan with plenty of water. Bring to the boil, reduce to a medium heat and cook uncovered until soft (about 2-3 hrs). During cooking, skim off the foam on top, and add more water as necessary.

Strain off the water, reserve little bit water if required to puree the chickpeas

Place the chickpeas in to the food processor and add all remaining ingredients except salt.

Blend until smooth and creamy (about 1 minute) on a medium level and adjust the flavour with the sea salt.

Note – if you're serving this as a dip, you can garnish with a sprinkle of sesame seeds.

Lime & Wasabi Dressing

This recipe goes with Beetroot Tartare, which is available in the Appetisers section.

Ingredients

Coconut water	240 ml
Apple cider vinegar	160 ml
Virgin olive oil	200 ml
Wasabi powder	60 g (4 tsp)
Lime juice	4 tsp
Sea salt	Dash

Method

Place all ingredients except olive oil into a blender. Blend on medium speed for about 30 seconds. Turn blender to lowest speed and very slowly pour in the olive oil until it emulsifies. This should take about 10 seconds. Be careful to add the oil very slowly, otherwise the dressing will separate.

Massaman Curry Paste

Makes 120 ml

Many store-bought curry pastes can be high in preservatives and low in flavour. For delicious and healthy curries, you can easily make your own paste.

Ingredients

Dried red chilli (large), de-seeded	20 g
Garlic	6-7 cloves
Shallot	50 g
Lemongrass	1 stick
Dry coconut powder	2 tbsp
Cardamom	2 tbsp
Coconut oil	25 ml
Clove pods	3 pieces

Method

Roughly chop the chilli, garlic, shallot and lemongrass. Lightly smash the cardamom pods and cloves. Mix the ingredients in a bar blender or food processor on a medium speed for 1 minute.

Detox Paneng Curry Paste

Makes 120 ml

Many store-bought curry pastes can be high in preservatives and low in flavour. For delicious and healthy curries, you can easily make your own paste.

Ingredients

Large dried chillies	1/3 cup
Sea salt	Pinch
Galangal, cut into matchsticks	2 Tsp
Lemongrass, sliced finely	2 Tbsp
Coriander root	1 Tbsp
Coriander seeds	1 Tsp
Cumin seeds	1 Tsp
Garlic, chopped	2 Tbsp
Shallots, chopped	2 Tbsp
Sunflower seeds	1 Tbsp

Method

1. Soak the chillies in water until they're soft and then cut them open to remove the seeds.
2. Toast the cumin seeds and coriander seeds in a pan over medium heat until fragrant (about 3-5 minutes).
3. Use a mortar and pestle to grind the toasted seeds until powdered. Remove and set aside. Now grind the sunflower seeds add them to the coriander and cumin seed mix.
4. Next, grind the chillies with the salt until it forms a paste. Add the lemongrass and pound to a paste. Add the galangal and coriander root and pound to a paste.
5. Finally, add the reserved powdered seeds, garlic and shallots and grind to a paste.

Papaya Dressing

This recipe goes with Beetroot Tartare, which is available in the Appetisers section.

Ingredients

Coconut water	160 ml
Vegetable stock	100 ml
Virgin olive oil	200 ml
Papaya (ripe)	350 g
Lime juice	200 ml
Sea salt	Dash

Method

Place all ingredients except olive oil into a blender. Blend on medium speed for about 30 seconds. Turn blender to lowest speed and very slowly pour in the olive oil until it emulsifies. This should take about 10 seconds. Be careful to add the oil very slowly, otherwise the dressing will separate.

Pumpkin Seed Milk

Makes 1 litre

A super healthy lactose-free alternative to dairy milk, pumpkin seed milk helps to reduce cholesterol and boost immunity. It also helps to keep bones strong and has anti-inflammatory benefits. A great drink for men, as it can improve the symptoms associated with prostate enlargement. You can use this recipe as a milk substitute in cooking, with your cereals or as a delicious, healing drink. Can be stored in the refrigerator for up to 2 days.

Ingredients

Pumkin Seeds	350 g
Distilled water, warm	1 litre
Raisins*	100 g

*If you're using it in a savoury dish, you will need to eliminate or significantly reduce the raisins.

Method

Place the seeds, raisins and warm water in a blender, and blend on medium for about 1 minute. Strain mixture through a fine sieve and discard pulp. Couldn't be easier!

(If time allows, it is best to soak the seeds in water overnight before blending – strain and discard the soaking water.)

Thai Herb Paste

Makes 120 g

This paste will store in the refrigerator for 1-2 weeks, or keep it in the freezer for up to 1 month. Just make sure it is well sealed. Use it in place of store-bought pastes to add a distinctive Thai flavour – and a generous serving of health promoting goodness – to soups, curries and even stir-fries.

Ingredients

Shallot, with skin	1 (medium)
Garlic, peeled	8 cloves
Lemon grass, sliced	2 sticks
Coriander seed, whole	1/2 tbsp
Pepper black	1/2 tbsp
Kaffir lime leaf	1 leaf
Curry powder	2 tbsp
Ginger, chopped roughly	1 tbsp
Sea salt	1 tbsp
Galangal, chopped roughly	2 tbsp
Dried chilli, large, deseeded	5 pieces
Vegetable stock	20 ml
Turmeric, fresh, peeled	7 g

Method

Pan roast all ingredients except the vegetable stock, stirring until the mix begins to brown slightly.

Remove from heat, allow to cool and then peel the shallots.

Place all ingredients in to a food processor and mix for 1 minute on a medium speed.

Vegetable Stock

Home-made stocks are far more flavoursome than those you find on the supermarket shelves, and more nutritious as well. Making your own stock also allows you to adjust the flavours by adding your favourite combinations of herbs and spices. Make a big batch and store in the freezer in different size containers to use as needed.

Ingredients

Water	5 litres
Carrot, roughly chopped	3 x medium size
Onion, roughly chopped	3 x medium size
Leek, roughly chopped	2 x medium size
Celery, roughly chopped	1/2 large bunch
Bay leaf dried	3 leaves
Pepper corn, fresh	1 tbsp
Garlic	5 cloves
Star Anis	1/2 tbsp
Cardamom pods	1 tbsp

Method

Pan roast all ingredients except the vegetable stock, stirring until the mix begins to brown slightly.

Remove from heat, allow to cool and then peel the shallots.

Place all ingredients in to a food processor and mix for 1 minute on a medium speed.



Body Cleanse Cooler

Makes approx 700 ml

A potent body cleanser, high in nutrients and antioxidants, this cooler is particularly beneficial for the liver and gallbladder. Energetically cooling to the body, benefits include balancing high blood pressure and reducing headaches.

Ingredients

Carrot, hard end removed	750 g
Beetroot, hard end removed	400 g
Cucumber	220 g
Celery	180 g
Lemon, peeled	25 g
Parsley	10 g

Method

Use a juicer to extract juices. Stir well and serve. If time allows, we recommend that you blend the extracted juices with an ice cube for about 20 seconds just before serving.

Coco Loco

Serves 1

Nourishing and high in potassium, calcium, and minerals, this grounding smoothie is supportive to bones and nervous system.

Ingredients

Coconut water	150 ml
Banana	100 g
Coconut flesh	50 g
Tahini paste	5 g
Cinnamon powder	Pinch

Method

1. Blend all ingredients until smooth and creamy, and serve immediately.



Fresh Ginger Ale

Serves 1

A sparkling refresher to aid digestion

Ingredients

Sparkling mineral water	150 ml
Freshly juiced ginger	30 g
Freshly juiced green apple	120 g

Method

1. Blend the apple juice and ginger juice together with a few ice cubes. Pour into a long glass, top with the sparkling mineral water and stir

Green Zinger

Serves 1

A refreshing cooler that can relieve headaches and reduce high blood pressure; has a calming effect

Ingredients

Fresh green apple juice	140 ml
Fresh carrot juice	140 g
Fresh celery juice	70 g
Fresh lemon juice	5 g

Method

1. Blend all of the juices together with a few ice cubes. Serve in a tall glass.

Ginger Tamarind Cooler

Makes approx 650 ml

This cooler is great for stimulating and tonifying a sluggish bowel.

Ingredients

Green apple	500 g
Ginger	40 g
Coconut water	300 ml
Tahini paste	10 ml
Tamarind, dried	30 g
Water	30 ml

Method

Soak the dried tamarind in the water for a few minutes. Once the tamarind is softened, squeeze it with your fingers to separate the flesh from the stone, and then strain through a fine sieve, reserving the liquid. Use a juicer to extract the juice from the green apples and ginger. Pour the extracted juices into a blender, add the tamarind liquid and all other ingredients. Add a few ice cubes and blend on medium speed for about 30 seconds.



Kamalaya Detox Juice

Makes approximately 350 ml (1 serve)

Coconut water replenishes and cools the body, while basil and pineapple support digestion – a good accompaniment to any meal.

Coconut water contains electrolytes, making it a natural hydration beverage for hot climates and post-exercise training. It also aids in reducing fevers, calming the nervous system and emotional imbalances, and flushing the liver. It is a potent detoxifying agent, which neutralises toxins in the blood

Ingredients

Coconut water	300 ml
Fresh pineapple juice	50 ml
Basil leaf	5 g

Method

Place all ingredients in a blender with a few ice cubes and blend on medium speed until well mixed (around 30 seconds).

Mojito

A superb refreshment following any meal and highly recommended for hyperacidity or reflux

Ingredients

Fresh green apple juice	150 ml
Fresh green pineapple juice	160 g
Fresh lime juice	30 g
Handful of mint leaves	small

Strawberry Mojito

A Kamalaya guest favourite, this mocktail is rich in antioxidants, enzymes and vitamin C.

Ingredients

Fresh green apple juice	160 ml
Fresh pineapple juice	150 g
Fresh lime juice	40 g
Medium sized strawberries	5 g
Handful of mint leaves	small

Method

1. Blend all ingredients with a few ice cubes until strawberries are liquefied. Serve in a tall glass.

Papaya Bee

Serves 1

A probiotic blend to nourish the gastro-intestinal system and boost intestinal immunity.

Ingredients

Goat yoghurt	225 ml
Papaya, chopped roughly	125 g
Bee pollen	30 g
Honey	1 tsp

Method

1. Blend the goat yoghurt, papaya and honey with a few ice cubes, until smooth and creamy.
2. Serve in a tall glass, sprinkling the bee pollen on top.
3. Stir the bee pollen through when you're ready to drink.

Hibiscus Lemonade

Serves 1

Rich in vitamin C and with astringent properties, this tonifying elixir also benefits the central nervous system.

Ingredients

Hibiscus Infusion *	
Fresh Pineapple juice	250 ml
Lime Juice	80 ml
	20 ml

Method

Blend the hibiscus infusion, pineapple juice and lime juice with a few ice cubes for about 30 seconds on a medium speed. Serve in a tall glass.

*To make hibiscus infusion, take a handful of dried hibiscus flowers and simmer for 5 to 10 minutes in 300ml of water.

(Note: suitable for Detox)